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Sports pg 10

Blanked again, Moose lose eighth straight



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Celebrity Buzz



Anderson, electrician splitsville

pg 16

Leno heads back to late-night TV

SCHEDULE NBC confirmed the Jay Leno prime-time experiment is over.

NBC Universal Television Entertainment chairman Jeff Gaspin said yesterday Leno's nightly prime-time show will end with the beginning of the Winter Olympics on Feb. 12.

Gaspin says NBC wants Leno to do an 12:35 p.m. show each night, a return to his old time slot.

He wants Conan O'Brien and Jimmy Fallon's shows to shift back a half hour.

THE ASSOCIATED PRESS

News on the Move

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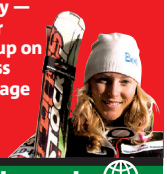
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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — McIvor heats up on skicross tour, page 12



On the web

Visit metronews.ca for news updates

Home opener

Rainmen pour it on



RYAN TAPLIN/METRO HALIFAX

Halifax Rainmen guard Adris DeLeon, right, is fouled by Quebec Kebs guard Ryan Holmes during the second half of the Rainmen's PBL home opener yesterday at the Metro Centre. DeLeon scored 23 points to help the Rainmen to a 112-87 victory. Story, page 10

N.S. soldier to be buried today

YARMOUTH A funeral will be held today for a Nova Scotia soldier killed in Afghanistan last month.

Sgt. Kirk Taylor of Yarmouth will be buried in his hometown with full military honours.

The 28-year-old was one of four soldiers and a journalist killed Dec. 30 when their vehicle went over an improvised explosive device during a patrol in Kandahar city.

Taylor, described as a man with a "calm demeanour" who long wanted to serve in the war-torn country, was with the 84th Independent Field Battery.

Taylor divided his time between the reserves and a not-for-profit agency providing residential support for people with disabilities.

THE CANADIAN PRESS

Corralling HRM's cats

Council set to talk felines again

MONIQUE MUISE
monique.muise@metronews.ca

The cat has come back to city hall.

It's been nearly a year now since the c-word has been uttered in council chambers, and after dozens of heated debates over animal control issues, the municipality's 23 councillors are notoriously wary of the subject. But come tomorrow, another feline-related fracas may be unavoidable.

A new report attached to this week's council agenda addresses HRM's burgeoning feral cat population, suggesting the best way to deal with the problem would be to trap, neuter and release strays.

The report, submitted by Halifax Regional Police Chief Frank Beazley, states several animal welfare groups are already conducting TNR programs on a small scale in certain neighbourhoods, but a government-funded initiative could spay or neuter up to 1,300 animals every year.

HRM's total feral cat population is estimated at up to 90,000.

"The intent of TNR is to lower the cat population by breaking the reproduction cycle," the report says. "Kittens and tame cats are adopted into homes, and healthy adult feral cats are returned to their outdoor territories to be monitored and cared for."

> **"It would really just be for the health of the stray cats."**
> Coun. Gloria McCluskey

The total cost of the program, including post-operative care, staff salaries and veterinary bills, would be $596,700 per year. Coun. Gloria McCluskey (Dartmouth Centre) said she thinks the price tag may be too hefty for council.

"We've got a tough budget this year," she said, adding "but maybe we can get somebody to sponsor the program."

McCluskey also acknowledged TNR programs would have little to no impact on cat nuisance complaints.

"It would really just be for the health of the stray cats," she said.

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Local



Ignatieff to meet with students

Hundreds of Halifax students will be gettin' Iggy with it today. Liberal Leader Michael Ignatieff is conducting a cross-Canada campus tour to meet with students leading up to Canada at 150: Rising to the Challenge — a non-partisan conference being held in Montreal in March. Ignatieff, the leader of the Opposition, begins his eight-day tour in Halifax by speaking to students today at 9:30 a.m. at the Nova Scotia Community College Waterfront Campus, then at Dalhousie University at 2 p.m. METRO HALIFAX

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Work to start on monument to fallen officers

MEMORIAL A new monument dedicated to police officers killed on the job will begin to take shape in Grand Parade this week.

Subject to weather conditions, workers will begin shaping the base of the memorial today, said a release issued by the municipality.

The project, spearheaded by the Nova Scotia Peace Officers Association, has been in the works for several years and is designed to recognize and pay tribute to Nova Scotia police officers who have lost their lives in the line of duty.

The first stage of construction will involve excavation of the site, pouring of the foundation and laying of concrete, the release said. Masonry work on the upper portion of the monument is set to begin in April.

METRO HALIFAX

metronews.ca
WHAT'S ONLINE TODAY

Video After surviving an IED blast, a soldier becomes Canada's first amputee to return to Afghanistan at **metronews.ca/canada**

Video A Toronto teen is twiddling her thumbs ahead of the World Texting Championships in New York at **metronews.ca/canada**

Immigration Guidy Mamann has advice for those who have allowed their visitor's status to expire at **metronews.ca/immigration**



Lotteries

Friday, Jan. 8
Lotto Max: 8, 17, 21, 23, 24, 28 & 39 Bonus 31
Saturday, Jan. 9
Lotto 6/49: 7, 9, 10, 27, 28 & 40 Bonus 42
These results are not official.

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Man shot in home break-in

Victim recovering after two suspects flee scene: Police

PHILIP CROUCHER
philip.croucher@metronews.ca

A 48-year-old Halifax man is recovering in hospital after police say he was shot early yesterday after two men forced their way into his home.

Halifax Regional Police say at 4:15 a.m., a relative of the victim called 911 in regards to a shooting inside a house in the 3,400 block of Mic Mac Street, which is off Connaught Avenue. When police arrived, they say they found the victim with a single gunshot wound, and he was taken to hospital for treatment of non-life-threatening injuries.

Police say the man's wife and adult children were also inside the home sleeping, but it's unclear if they witnessed the shooting.

Sgt. Nancy Rudback of HRP said investigators spoke with the victim yesterday afternoon and were told two men forced their way into the home, then fled the scene after the shooting.

It was police's first interview with the victim and it's still not known if he knew the suspects.

The only description police have of a possible suspect is a man wearing a hoodie and maybe leaving the scene.

A neighbour, who wouldn't give her name, told Metro yesterday she heard loud shouting from the home in the early morning hours, and then shortly later, police arrived. She didn't hear a gunshot.

Another woman told Metro the neighbourhood was home to a shooting a couple of years ago, but it's been a quiet place to live the last couple of years.

WITH FILES FROM PAUL MCLEOD



RYAN TAPLIN/METRO HALIFAX

Police were called to the 3,400 block of Mic Mac Street in Halifax after a 48-year-old man suffered a gunshot wound early yesterday morning. His injuries are not considered life-threatening.

Plea date set for suspect in cabbie death

COURT The man charged with first-degree murder in the death of Dartmouth taxi driver Sergei Kostin will be back in court Feb. 22 for election and plea.

Chaze Lamar Thompson, a 20-year-old from Dartmouth, was arraigned on the murder charge Friday morning at Dartmouth provincial court.

He is being remanded at the Burnside jail, where he's been for 11 months after being charged in connection with an armed robbery at a Dartmouth video store on Feb. 5.

Thompson was charged Thursday in the death of Kostin, a driver of Bob's/Blue Taxi who was reported missing Jan. 17.

Three days after being reported missing, Kostin's burned-out car was found in the North Preston area. His body was found 10 weeks later.

METRO HALIFAX

Dexter eyes study's early release to tackle ferry issue

CAT Nova Scotia Premier Darrell Dexter says his government is following up on commitments made to people in the Yarmouth area concerning the future of their ferry service.

He promised a delegation from the town that he would try to get a federal study on regional transportation issues moved up from an anticipated spring release.

Dexter says he has phoned and written those overseeing the study, but so far has not had a formal response.

The province says it can't afford to subsidize the high-speed ferry to Maine any longer.

Operator Bay Ferries says without that help, it can't afford to provide service.

THE CANADIAN PRESS

Council to vote on pact with inside workers

LABOUR Halifax Regional Council is expected to hold a ratification vote tomorrow on a tentative agreement between the municipality and 800 of its inside workers.

The vote is scheduled to take place in the afternoon with the results announced that evening.

On Thursday, members of Local 13 of the Nova Scotia Union of Public and Private Employees voted narrowly to accept the offer, with 54 per cent casting their ballot in favour of the new agreement.

Union officials had recommended the workers reject the offer, saying it treats them "like criminals" by giving the municipality the right to record phone conversations and administer polygraph tests to certain employees.

The contract gives the employees a pay increase of three per cent retroactive to November 2008, two per cent to November of 2009 and two per cent this year.

METRO HALIFAX

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Gallery **Modern Day F-Word**



RYAN TAPLIN/METRO HALIFAX

NSCAD student Jennie Philpott carries her painting of punk-rock singer Kat Bjelland to the Anna Leonowens Gallery yesterday afternoon. The painting is part of Philpott's grad show called the Modern Day F-Word, which opens at 5:30 today and runs until the 16th.

News in brief

FIRE Four members of a family were sent to hospital Saturday for treatment of burns and smoke inhalation following a fire at their home near Chester Basin. The home was destroyed despite the efforts of five area volunteer fire departments. The cause is under investigation. The Red Cross issued a news release saying the parents were released Saturday from the QEII Health Sciences Centre after treatment for smoke inhalation. Their 15-year-old son was expected to be released yesterday from the IWK Health Centre. The couple's 17-year-old daughter remained in the hospital for treatment of burns.

STABBING Halifax Regional Police are investigating a stabbing early yesterday in the 3,400 block of Barrington Street. Police say they received a 911 call just before 1 a.m., but the 22-year-old male victim had been taken to hospital before they arrived. Police say the unidentified man suffered stab wounds to his neck and head, but he was unco-operative. He was treated and released.

THE CANADIAN PRESS

Garnet Brown dead at 79
Former Liberal MLA Garnet Brown died Thursday at the age of 79. Brown was first elected for the former riding of Halifax-Eastern Shore in 1969. THE CANADIAN PRESS


RYAN TAPLIN/METRO HALIFAX

Hip-hop artist Classified leads a throng of fans during a video shoot for his single Oh Canada at the Granville Mall near NSCAD University yesterday afternoon.

Beat rocks Halifax

PAUL MCLEOD
paul.mcleod@metronews.ca

Yesterday was one long, cold afternoon for Austin Powers, a couple hundred hockey fans and the giant beaver.

But they all had no problem cheering, marching and screaming to Oh Canada — the other Oh Canada — in downtown Halifax.

At the centre of it all was Enfield rapper Classified, a.k.a. Luke Boyd. Boyd and crew were filming a video for his 2009 song Oh Canada and had called on the public to come out dressed in their brightest Canadiana outfits to be part of it.

So many people turned up that crowds constantly gathered around Boyd to get photos and autographs. Some fans resorted to drastic measures.

"I grabbed his ass," fan Jill Ernest said.

Her friend Bailey Mingo got the hip hop artist's attention another way. She'll be appearing in the video with a large Canadian flag painted on her belly. "I'm six months pregnant, so I thought I'd come out and paint my belly for the video, and that way I'd get in for sure," Mingo explained.

"We're just out here to celebrate where we're from."
Luke Boyd

The video, directed by frequent Classified collaborator Cazhhmere, features a large crowd of excited Canadians marching down the pedestrian section of Granville Street.

Mixed in are spoofs of classic Heritage Moment commercials.

Local actor Dave Fichaud, dressed without a winter coat in a Mountie costume, was shivering, but stuck it out.

"We've got some shots to do where some people are rolling joints around me later, so I've got to stick around for that," he explained.

Both the rapper and director said they were thrilled with the turnout. They plan for the video to be released within weeks.

"We're just out here to celebrate where we're from," Boyd said. "Canadians are jokers — we don't take ourselves too seriously and that's what we wanted to put in the video."

Labour head calls for NDP to maintain wage parity

NEGOTIATIONS The president of the Nova Scotia Federation of Labour is calling on the NDP government to maintain wage parity between provincial workers set to strike a week from today and those in Halifax.

Rick Clarke said in a release failing to do so "is not only failing to provide fairness and equality for these workers" it could lead to greater understaffing in rural areas for both hospitals and schools.

A massive CUPE strike is in the works as the union for more than 7,000 school and hospital support staff who work outside of Halifax announced last week they will go on strike on Jan. 18 if a contract isn't finalized.

The key demand for union leaders is maintaining wage parity between provincial workers and those in Halifax.

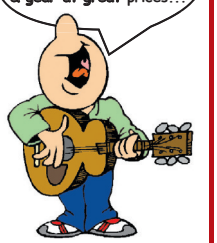
To maintain wage parity, CUPE is asking for a 2.9 per cent increase in the first year of the contract, followed by one per cent increases for the second and third years.

METRO HALIFAX

News in brief

FUNDS The federal government has come up with $1 million for a camp in Nova Scotia for children with a chronic illness. Construction of Brigadoon Village on Aylesford Lake in Kings County is set to begin in the spring. The facility is scheduled to open in 2011. The residential camp is aiming to give hundreds of children with chronic illnesses a chance to participate in a range of activities. The federal funding will help Brigadoon Village construct a winterized dining hall, five cabins, a multi-purpose cabin and an equipment storage facility.

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Canadian gets reprieve from death sentence in Saudi Arabia
A Montreal man who was sentenced to die by decapitation in Saudi Arabia for his role in a fatal schoolyard brawl three years ago has received a reprieve in the form of a retrial. Saudi Arabia's highest court earlier this week revoked the death sentence against Mohamed Kohail. THE CANADIAN PRESS

Canada



Liberals use ads to bash Tories

Michael Ignatieff, left, and the Liberals are going on the offensive, rolling out ads that take straight aim at the Harper government's decision to put Parliament on ice until March. The move signals the Liberals are ready to borrow a page from the Conservative play book — running advertisements designed to raise doubts in the minds of voters. A print ad features a sign hung outside Parliament Hill with the words, "Closed out of self-interest." THE CANADIAN PRESS

Short sittings on Hill a thing of the past

If Canadians are piqued about the prorogation of Parliament, it might be because they're not looking back to the days of steam train and buggy travel for their comparison, as the prime minister appears to be.

Prime Minister Stephen Harper shrugs off his decision to put an end to a messy parliamentary session as a "routine" matter.

Harper's officials have argued that historically the average parliamentary session has lasted 109 sitting days, while the one that just ended lasted 128 days.

True, in the 144 parliamentary sessions since Confederation in 1867, MPs in the Commons have logged an average of about 105 sitting days per session.

But perhaps a more relevant comparison might be the average parliamentary session in the modern era — or, say, the prime minister's lifetime.

Harper is 50 and in that time, airline travel has made it easier for MPs to travel from a riding to Ottawa to sit in the legislature. In the 39 parliamentary sessions over the last 50 years, the average parliamentary session for MPs sitting in the Commons lasted 173 days.

Harper brought down that average with his 13-day session in 2008 after he prorogued Parliament when the opposition united and threatened to bring down the government.

TORSTAR NEWS SERVICE

11-day session

- In the past 50 years there was one other similarly short 11-day session. In 1988, the government of Brian Mulroney summoned Parliament briefly after the election to ratify the Free Trade Agreement.

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SCANLIFE

Scott Thompson talks hitting "rock bottom" and beating cancer on the road to Kids in the Hall reunion. Scan this code for the full story.

Alberta **Mother mourns her hero son**



JOHN LUAN/THE CANADIAN PRESS

Anna Miok, centre, is supported by family as she kisses and hugs a photograph of her son Sgt. George Miok, as his body is carried out of Our Lady of Perpetual Help Catholic Church in Sherwood Park, Alta., on Saturday. Miok along with three other Canadian soldiers and a newspaper journalist from Calgary were killed on Dec. 30, in Kandahar City, Afghanistan.



Can you name your Canadian Olympians?

VANCOUVER 2010 Games

STIG NIELSEN
for Metro Canada

ATHLETES Only seven of 50 people interviewed by Metro in Vancouver over the last two days were able to name five Canadian Winter Olympic athletes.

Valid responses included athletes who have already qualified as well as those contending to make Canada's Olympic Team, which will be announced Jan. 29. The only catch is that responders were limited to naming only one athlete from the men's ice hockey team.

"I am surprised," said two-time Olympian Lindsay Alcock, who competed in skeleton in Torino and Sault Lake City. "But it's a good time to get to know the athletes. By this time next month they are all going to be household names."

The most-often named Winter Olympian was Vancouver Canucks goalie Roberto Luongo. Pittsburg Penguins centre Sidney Crosby and speedskater Jeremy Wotherspoon shared the runner-up spot with five mentions each.

Thirteen respondents gave Metro their personal information then said they couldn't name a single athlete.

WITH FILES FROM KRISTEN THOMPSON

News in brief

TIGER A 66-year-old man from southern Ontario is dead after he was mauled by a 650 pound tiger he kept on his property. Ontario provincial police say they responded to a call at a residence in Southwold, known to have exotic animals on the property, yesterday afternoon after reports that a man had been mauled by a tiger.



Weibo Ludwig

RELEASED Wiebo Ludwig has been released from custody, but RCMP continue to search his sprawling Alberta farm for evidence in a half-dozen pipeline bombings over the last two years in northeastern B.C. A woman at the Ludwig farm confirmed by telephone yesterday that dozens of Mounties are still searching the communal farm. THE CANADIAN PRESS

Pay up or face suit: N.B. premier
New Brunswick Premier Shawn Graham has delivered an ultimatum to the federal government — cover the cost overruns on the refurbishment of the Point Lepreau nuclear power plant or his government will sue Atomic Energy of Canada Limited. THE CANADIAN PRESS

Digital scans for tests prompt complaints

Fancy body scanning isn't just for catching terrorists.

In a move that has prompted at least three complaints to Canada's privacy czar, a growing number of professional programs such as medicine and business now require students to give a digital print of their finger, thumb or even veins in their palm to write the high-stakes entrance tests designed and run out of the United States.

The latest version is the new infrared scan of the blood vessels in your palm required by all 266,000 students around the world — 8,000 in Canada — who write the GMAT admissions test each year for a master's of business administration (MBA) program. The spyware is designed to foil fraud artists who hire other people to write the test for them, disguised sometimes in full wig, using a twin or even a spouse — one husband wrote a test for his wife wearing one of her dresses, said one test official, but was spotted when his five-o'clock shadow began to show.

"It's unfortunate some people want to cheat to get the higher scores," said Rick Powers, executive director of the University of Toronto's MBA program.

"For the integrity of the application process," said Powers, "we support this type of technology."
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No serious injuries after powerful California quake

An offshore 6.5 magnitude earthquake rattled communities in northern California Saturday, cutting power to thousands of customers, causing minor damage to homes and businesses and forcing many people to seek treatment for cuts and bruises from falling debris. THE ASSOCIATED PRESS

World



Balloon dad changing his story

The father who orchestrated the balloon boy hoax is taking advantage of his final days of freedom by making rounds on news shows and saying that he is innocent. Authorities are not amused by Richard Heene's media blitz, and legal experts say he should be careful about thumbing his nose at the system. Heene, left, now says there was no hoax, even though he pleaded guilty and agreed to be sentenced to 90 days in jail. The interviews are pushing the boundaries of conditions of his probation that he not profit in any way from his newfound fame for four years. THE ASSOCIATED PRESS

Pakistani violence on rise

Recent murders blamed on political infighting

Dozens of people have been killed in Pakistan's largest city including four found yesterday — three of them headless — in a wave of targeted attacks among rival political groups that some say is aimed at destabilizing the country's ruling coalition.

Political violence is common in Karachi, but the shootings and decapitations since Jan. 1 have terrorized parts of this teeming metropolis, prompting the government to send in paramilitary forces to restore order.

The political infighting comes at a time when the government is facing a raging Taliban-led insurgency that has spread to Karachi and killed more than 600 people across the country in the past three months.

The growing unrest in the financial capital threatens to spark further instability.

"We have found four bodies of our party workers today," said Faisal Sabzwari, a provincial lawmaker from the Muttahida Qaumi Movement, the strongest political party in Karachi and one dominated by the minority Mohajir ethnic group.

"Three of them were headless, and we found the heads later on," Sabzwari told The Associated Press.

Sabzwari blamed members of the ruling Pakistan People's Party for fuelling the violence, saying much of it was being carried out by thugs from Lyari Town, a poor area of Karachi and a PPP stronghold.

"They are the Lyari gang members and criminals who are killing our workers, and there are some elements within the ruling party who patronize them," he said.

Although both parties are members of the ruling coalition, they have a tense relationship and a history of conflict that dates back to the arrival of Mohajir immigrants from India after Pakistan gained independence in 1947. THE ASSOCIATED PRESS

m.metronews.ca

ScanLife

Unearthed tombs in Egypt shed light on how the labourers who built the pyramids lived. Scan this code for the full story.

New Jersey **Landing gear failure**



KATHY WILLENS/THE ASSOCIATED PRESS

A United Airlines Airbus sits at Newark Liberty International Airport after making an emergency landing yesterday. Landing gear problems were blamed. All 53 people aboard the flight from Chicago were safely evacuated, and no injuries were reported.

News in brief

AFGHANISTAN An explosion outside a village in southern Afghanistan yesterday killed a U.S. Marine and a veteran war correspondent who became the first British journalist killed in the conflict, officials said.

EUROPE Europeans were struggling to restore roads and railways yesterday after heavy snow caused hundreds of traffic accidents, halted flights from Germany and France, downed power lines in Poland and trapped more than 160 people — including 19 children — overnight on a frozen German highway.

ITALY Pope Benedict XVI denounced the riots last week between immigrants and Italians in southern Italy, saying yesterday that migrants have rights, must be respected, and are equally loved by God. THE ASSOCIATED PRESS

Use of word results in attacks

MALAYSIA Eight Christian churches have been attacked over three days amid a dispute over the use of the word "Allah" by non-Muslims. Many Muslims are angry about a court decision overturning a government ban on Roman Catholics' using "Allah" to refer to their God. THE ASSOCIATED PRESS

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Comment

Stuck on resolutions

UrbanScrawl



Christina Biluk

metronews.ca/urbanscrawl

As the calendar turns, the new year brings with it a host of new resolutions.

Resolutions come in all shapes and sizes — some of the most popular include taming the bulge, decreasing debt, and finally getting organized.

If you are like most people, we make the same or a similar resolution each year, with hopes of sticking to it — this time. Usually, it's something we've wanted to kick-start for a while and use the new year as a motivator to finally do something about it.

Many of us start off pretty good, quitting our vice, or staying in touch with distant friends and family, while others find themselves exhausted by the simple thought of starting. Either way, most of us won't stick to our resolutions because we get stuck. We can't find the time, energy, or willpower to move forward. Our resolution fails to get us unstuck.

"Set yourself a reward for accomplishing your task at hand."

Are you stuck? Do you feel like you can only see one way forward, and it's not the way you envisioned going? Have you found yourself in a situation when you know something isn't working but can't step back and see why? Ever found yourself doing it all on your own and feeling simply exhausted?

Maybe you have an amazing dream that has become so big you don't know where to start chasing it down.

Being stuck can look and feel different for each of us, but it all boils down to wanting something other than what you have, and not doing anything about it.

Poet Rabindranth Tagore explains it as, "I have spent my days stringing and unstringing my instrument, while the song I came to sing remains unsung."

Do you procrastinate? I do.

Take a moment this week when you are procrastinating a task ahead and think about how you are procrastinating. Figure out one small action you can do to get things moving.

Some suggestions: Start from the end and work backwards — if you know where you want to go, you just need to determine how to get there. Set yourself a reward for accomplishing your task at hand, and don't award it unless you've met your goal.

Getting unstuck isn't always about fighting the urge to procrastinate. It's about taking the first step. The first step is always the scariest, however, you will be walking in no time and running before you know it.

Christina Biluk is a member of FUSION Halifax. Visit FUSIONHalifax.ca to find out how you can get involved to help make Halifax a better place to live, work and play.



MICHAEL DE ADDER

Views

Exercise caution when battling the bulge

HineSight



Anne Hines

metronews.ca/hinesight

This time of year it seems as if someone is throwing diet and exercise information at us every time we turn around (which, by the way, burns .00324 calories).

In the past, it was generally accepted that if you wanted to trim down a bit, you simply had to eat a little less and exercise a little more. Nowadays, we can see the obvious flaw in this system. No one can make money from it.

Before you start shedding cash in order to shed pounds, here's what you need to know:

Home gym systems: Many experts say that exercising at home can be fun and easy. We do not believe them, of course. However, if you are planning to buy home gym equipment, it's important to choose something that will suit your lifestyle in the long term. Ask yourself: "Will this elliptical trainer be good for hanging clothes on come March when I don't want to see it again?"



Gym memberships: Choosing a gym you will actually use is all about location. I myself always choose something near a doughnut shop. That way I can announce, "I'm going to the gym" as I head out for a French cruller. You may want to consider hiring a personal trainer. These are people whose job is to make you hurt in every area of your body. If they wore leather boots, it would probably be illegal.

Exercise/diet books: Bookstore shelves are crammed with helpful titles such as Taylor Swift's Guide to Perfectly Toned Thighs ("Be 20 years old.") or The Miracle of Losing Weight by Never Eating Again. Diet books can be very useful, but only if what you use them for is to strap them to your ankles on long walks. Otherwise, they simply take up valuable desk space, which you'll need for the lamp you fashion out of your unused Ab-buster.

My choice? This year, I think I'll try exercising my common sense instead of my credit card. I'm going to walk a little more, eat my veggies and cut down (but not out) on chips and sweets. Will I be thin in 2010? Maybe. But the advice I'm going with is this:

"Life should not be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body; but rather to skid in sideways, chocolate in one hand, chai in the other, body totally worn out, screaming 'Woo hoo, what a ride!'"

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Worth mentioning

Superheroes to hand out condoms at Winter Games

Look. Up in the sky. It's a bird, it's a plane, no it's ... Captain Condom.

The safe sex superhero and several other caped crusaders will hit the streets of Vancouver next month when the city hosts the world for the 2010 Olympic Games.

250,000

Luciano Colonna of SafeGames says one goal is to hand out 250,000 condoms to Games goers, but he said the main goal is to enhance the effort of the community in hosting the Games in a safe manner.

Behind the marching bands, clowns, condoms on stilts and general three-ring circus is a serious message about harm reduction during the Olympic fun.

The organizers, a group called SafeGames 2010, will have outreach teams handing out "safe kits" to thousands of visitors and locals.

Those kits will include condoms, lubricants, lip balm, hand heaters, glow sticks, DVDs and information cards and referrals to local service providers and resources.

The City of Vancouver has contributed $20,000 to the overall cost.

All the so-called superheroes hitting the streets will be volunteers, and most of them will choose their own costumes and their own aliases.

THE CANADIAN PRESS

We Know What You're Thinking



69% The number of Canadians who have read a book in the past year.

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Canwest seeks newspaper selloffs
The cross-country newspaper chain run by Canwest Global Communications has fallen into the hands of the insolvent company's banks as it seeks to sell its big-city dailies. THE ASSOCIATED PRESS

Business

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(Friday's close)	(Friday's close)	(Friday's close)	(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Microsoft appealing in patent case: Firm

TECHNOLOGY Canadian software company i4i says Microsoft Corp. filed a petition with the U.S. Court of Appeals Friday asking it to re-hear a patent-infringement case between the two companies.

The move follows a Dec. 22 judgment by the court that upheld $290-million US judgment which found that Microsoft wilfully infringed upon i4i's patents.

"This next step of seeking a rehearing was anticipated. We continue to be confident that we will prevail," stated i4i chairman Loudon Owen.

"In the meantime, the injunction against Microsoft goes into effect in three days, on Monday, Jan. 11. We look forward to continuing to build i4i's business now that Microsoft is obligated to comply with the terms of the injunction."

In August, a Texas jury that found that i4i patents were infringed upon by the way Word 2003 and Word 2007 customize XML, or extensible markup language.

The injunction prevents Microsoft from selling Word products that have the capability of opening an XML file containing custom XML.

Microsoft said last month it expected to have copies of Microsoft Word 2007 and Office 2007 with the feature removed available for sale.

THE CANADIAN PRESS

Military eyes robot vehicles

Project leader says unmanned planes meant for surveillance

Don't expect them to say "Hasta la vista, baby," but the robotic armoured vehicles and pilotless aircraft being developed by Canada's military scientists may one day be able to think for themselves.

The aim of the project by Canada's defence research branch, launched last fall, is to improve on the current generation of remote-controlled devices designed for the battlefield.

It may sound like something from the Terminator films, but defence scientists say what they're doing is a long way from the world envisioned by the science fiction action flicks that made California Gov. Arnold Schwarzenegger a household name.

Franklin Wong, who leads the project at Canadian Forces Base Valcartier, Que., says the vehicles under study are not meant for combat but rather surveillance.

"That's a very important capability that we're looking for," Wong said in a recent interview.

"Many of our projects (at Defence Research Canada) are geared towards the surveillance aspect."

The Canadian military currently employs Israeli-made Heron unmanned aerial vehicles (UAVs) to patrol bomb-infested roads and provide early warning of ambushes for troops on the ground in Afghanistan.

The Heron is capable of carrying weapons, but the Conservative government as recently as last spring turned down a request by the air force to install missiles on the drones that are controlled by pilots on the ground at a base station.

THE CANADIAN PRESS

Terminator

- In the four-movie Terminator franchise, humanity fights in a genocidal war waged by artificially intelligent robots. Some of Schwarzenegger's most memorable catch phrases — "Hasta la vista, baby" and "I'll be back" — came from his turn as one of the murderous cyborgs.

m.metronews.ca
ScanLife
Wireless charging, 3-D and Polaroid's comeback among the highlights of CES 2010. Scan this code for the full story.

Stock plunges after agreement

DUBAI Investors battered shares of Arabtec Holding yesterday after the Dubai construction giant, which helped build the world's tallest tower, agreed to sell a controlling stake to a state-run investment fund in neighbouring Abu Dhabi.

Arabtec shares plunged 6.9 per cent on the first full trading day since details of the deal with Aabar Investments became public. Analysts say the investment's structure could cut the value of stakes held by existing shareholders.

Despite investors' doubts, Arabtec could benefit over the long term.

THE ASSOCIATED PRESS

China overtakes Germany as world's largest exporter

TRADE China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent for their first increase in 14 months, data showed yesterday, in another sign of China's rise as a global economic force.

Exports for the last month of 2009 were $130.7 billion US, data from the General Administration of Customs showed. That raised total 2009 exports to $1.2 trillion, ahead of the $1.17 trillion for Germany forecast by its foreign trade organization, BGA.

China's new status is largely symbolic but reflects the ability of its resilient, low-cost manufacturers to keep selling abroad despite a slump in global consumer demand due to the financial crisis.

December's rebound was an "important turning point" for exporters, a customs agency economist, Huang Guohua, said on state television, CCTV.

"We can say that China's export enterprises have completely emerged from their all-time low in exports," Huang said.

Stronger foreign sales of Chinese goods could help to drive the country's recovery after demand plunged in 2008, throwing millions of labourers out of work.

Boosted by a 4 trillion yuan ($586 billion) stimulus, China's economic expansion accelerated to 8.9 per cent for the third quarter of 2009 and the government says full-year growth should be 8.3 per cent.

Economists and Germany's national chamber of commerce said earlier the country was likely to lose its longtime crown as top exporter.

THE ASSOCIATED PRESS



ANDY WONG/THE ASSOCIATED PRESS

Vehicles drive in heavy traffic on a city highway in Beijing over the weekend. China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent for their first increase in 14 months, data showed yesterday.

Garth Turner asks: What are you doing as an Investor?



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Getting greener electronics
The annual Consumer Electronics Show continued to put a spotlight on green products this year. For the best exhibitors offering green products visit cesweb.org. METRO NEWS SERVICES

Going Green



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EDITOR: BEN.RYCROFT@METRONEWS.CA

7 Green resolutions for 2010

January is the month of resolutions and the perfect time to dust off bad habits from the previous year. With the need to Go Green still going strong, Metro compiled a list of the top green tips for 2010.

This may mean you have to switch your luxury trip to the Maldives for a trip to the countryside… but at least it's in the interest of the planet.



PHOTOS.COM

Plant your own vegetables this year to help reduce the emissions cost of transporting food.

TRIM YOUR TRAVEL

Make 2010 the year of low carbon holidays. Rethink your choices carefully. Closer destinations will reduce your carbon footprint (whether you travel by train, plane boat or car) and could possibly end up being the cheapest option.

YOUR SHOPPING LIST

Buy organic food sources when possible, which are often better for your health as they are usually made using natural and non-processed sources. Cut down on your meat and dairy consumption and try making hearty meals using more fruit and vegetables.

At the till, use a re-usable cotton tote to carry your groceries home rather than a plastic bag. Feeling thirsty? Drink tap water instead of bottled, or invest in an aluminum bottle and water filter.

GREEN YOUR GARDEN

Gardens don't only come in handy for summer barbecues. Plant your own garden patch with vegetables and fruit that are easy to look after and great to cook with. Spuds such as potatoes, carrots and tomatoes are good choices.

Left over banana peels in the bin?

Add them to a compost heap.

CUT YOUR COMMUTE

Ride your bike or walk to work. Not only will you be doing more exercise but you will also be alleviating your finances by saving the money you would normally be spending on fuel or public transport.

REDESIGN YOUR HOME

Making your own cleaning products using soap, vinegar or lemon is a good start. Adapt your house to its natural environment and make the most of the wind, sun and rain surrounding it. If you live in a sunny region, switch to using renewable energy sources and install solar panels on your roof.

OUT OF OFFICE

Print pages only when you have to and if you do, try not print out endless copies of the same document to save paper. Also, remember to switch off your computer when you leave and turn off any other electrical equipment such as desk lights or space heaters.

SWITCH OFF LIGHTS

Don't forget to switch off all the lights in your house when you leave for work in the morning or when you go to bed at night. It's a tiny move that can make a big difference.

ROMINA MCGUINNESS/ METRO WORLD NEWS

Going Green in brief

CAR EMISSIONS Many cars put on weight without their owners realizing it. All sorts of things gradually accumulate inside, under the seats, in the glove box and in the trunk. Fifty kilograms of extra weight in the car will increase the fuel consumption by one or two per cent, so help your car lose its love handles, throw out the rubbish and reduce your emissions.

IDLING Don't idle. Any stop longer than 10 seconds will save you gas. The federal government's Office of Energy Efficiency says the average Canadian idles their car for five minutes a day, not counting warming it up on cold mornings. But cutting that out, you'll save about 101 kgs of greenhouse gas emissions.

BABY WIPES If you are a parent of a young child, chuck your baby wipes. Most contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens.

METRO NEWS SERVICES

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Great things are happening in Nova Scotia. Watch for more in 2010.

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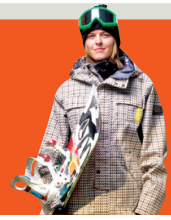


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Perry leads Lions to win over Commandos

The host Halifax Lions dumped the Dieppe Commandos 5-2 in Maritime Junior A Hockey League play last night. Travis Perry had a goal and three assists and Kyle Dilosa scored twice. It was Halifax's fourth game in four nights. METRO HALIFAX

Sports



Conrad shines at Grand Prix

Dartmouth's Sarah Conrad was the top Canadian woman and ninth overall in the half-pipe at a U.S. Grand Prix event in California on the weekend. She can lock down a spot at the Olympics at a World Cup event in Stoneham, Que., from Jan. 19 to 24. METRO HALIFAX

EDITOR: DON.MCHOULL@METRONEWS.CA

Goals are hard to come by these days for Mooseheads

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY The Halifax Mooseheads' second-half playoff push is sputtering courtesy of a dismal goal-scoring drought.

The Mooseheads ended a painful weekend in the goal-scoring department yesterday with a 3-0 road loss to the Moncton Wildcats. It marked their second-straight shutout setback and left the last-place club with eight straight losses. They've scored just six times during the frustrating slide.



The Herd have not scored since Gerrad Grant's goal on Friday — a span of 132 minutes, 56 seconds.

Another good effort came up short yesterday as Wildcats goaltender Nicola Riopel, last year's QMJHL most valuable player, made 25 saves for the shutout.

"It's gonna come," said Mooseheads head coach Cam Russell. "I thought today, up against the best defence in the league, we got some real good scoring chances. Our power play moved the puck around well, we generated scoring chances, but you've got to be at your best to beat a guy like Riopel."

The Mooseheads last scored when Gerrad Grant found the net in the third period of Friday's 4-1 home loss to the Montreal Juniors, a stretch of 132 minutes and 56 seconds.

They also lost 2-0 to the Cape Breton Screaming Eagles on Saturday despite a strong effort.

The hope was that the return of captain Tomas Knotek from the world junior championship would ignite the offence, but even the gifted Czech couldn't turn it around.

"He came back and played three games in three nights, with no rest at all," Russell said. "He's tired right now."

Goaltender Mathieu Corbeil made 29 saves yesterday.

The Mooseheads, 8-33-3, are 14 points out of the playoffs.

In other news, Russell filed the Mooseheads' 25-man roster with the QMJHL yesterday.

Forwards Andrew Wigginton, 18, and Dylan McGuigan, 17, both made the cut.

Bench comes up big

MATTHEW WUEST
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The Halifax Rainmen got the lift they needed from Adris DeLeon, John Strickland and the rest of their bench.

The Rainmen trailed the Quebec Kebs 66-64 late in the third quarter when Strickland and DeLeon hit back-to-back hoops and ignited a key 11-0 run that turned the tide in yesterday's 112-87 home-opening win at the Metro Centre.

That run extended to 25-6 early in the fourth quarter after the starters came back in, but it was the bench — which contributed a whopping 54 points — that woke the team from a slumber, much to the delight of the 3,276 in attendance.

"They were lookin' for somebody to carry 'em so I threw on my knapsack and put the fellas in it for a couple little stints," Strickland said afterward.

"When I got out there, I changed a couple of things and gave us that energy."

Tony Bennett, the team's leading scorer, had 15 points and Desmond Ferguson helped out with 14. Forward Eric Crookshank added 10 points and 10 rebounds.



RYAN TARLIN/METRO HALIFAX

Halifax Rainmen point guard Gary Ervin drives to the hoop past Quebec Kebs guard Yul Michel during the first half of yesterday's PBL game at the Metro Centre. The Rainmen used a big second half to beat the Kebs 112-87.

DeLeon, a 25-year-old rookie who arrived in town with the nickname Too Hard To Guard, lived up to his advance billing with a 23-point effort in just 17 minutes of duty, making the Kebs pay with his quickness and deadly shot.

The six-foot point guard fed off the 37-year-old Strickland, one of the most well-travelled veterans in pro basketball. Although Strickland had just six points, the entertaining fan-favourite made key plays at key times and was a vocal leader.

"He always does that, even when he's not playing," said DeLeon, an NCAA Division I product of Eastern Washington. "He's always pushing us, saying, 'C'mon,' because we're pretty talented ... Just sometimes we slack off a little."

The Kebs were missing all-star Jonas Pierre, but the Rainmen were thrilled to allow fewer than 90 points for a second straight game — a first in the franchise's three-year history.

"At the end of the day, all offensive players are going to struggle, but your defence doesn't have to," Strickland said.

"Defence is about wanting. It's who wants it more."

The Rainmen, 2-1, host the Vermont Frost Heaves on Saturday.

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McConnery wins 2nd straight Scotties

CURLING Nancy McConnery claimed her second straight Nova Scotia Scotties Tournament of Hearts women's curling championship yesterday at the Liverpool Curling Club.



Nancy McConnery

The Dartmouth skip led her rink to a dramatic 5-4 win over Mayflower's Mary-Anne Arsenault yesterday afternoon, breaking a 4-4 tie in the 10th end. It was Arsenault's second straight setback in the final after winning in 2008.

McConnery, who also won a provincial title in 2003, will be joined by mate Jennifer Crouse, second Sheena Gillman and lead Jill Thomas at the national championship at ESSAR Centre in Sault Ste-Marie, Ont., from Jan. 30 to Feb. 7.

METRO HALIFAX

Sports in brief

HOCKEY The Saint Mary's Huskies used an 8-3 win over the Dalhousie Tigers on Saturday at Memorial Arena to improve to 10-3-4, third in Atlantic University Sport men's hockey.

BASKETBALL The Saint Mary's Huskies swept the P.E.I. Panthers and the Dalhousie Tigers did the same with the Acadia Axemen in Atlantic University Sport basketball play on the weekend. The Huskies, 6-2, are third, while the Tigers, 5-3, are two points back in fourth spot. The women's teams also earned sweeps against the same opponents.

METRO HALIFAX

Togo withdraws from soccer tournament
Togo withdrew from a continent-wide soccer tournament and its players reluctantly left Angola yesterday, two days after a deadly ambush on the team bus killed three and injured eight. THE ASSOCIATED PRESS

Wishful thinking for 2010

Many things must happen for Canadian soccer to reach the next level

It'sCalledFootball
Ben Rycroft

metronews.ca/itscalledfootball

Even when you lose, sometimes you win. The last year in Canadian soccer was just that. The men's national team bombed out of World Cup qualifying in spectacular fashion.

Don't be confused — it didn't deserve to win. In fact, by most accounts it played horribly.

But out of that has come some good.

There finally seems to be an understanding and willingness among the upper levels of the Canadian Soccer Association to make the reform, on all levels, that is needed.

If the CSA is committed to change and truly making Canada world class when it comes to the beautiful game, then these are the stories I would like to read about in the year ahead:

CSA general secretary Peter Montopoli open hand slaps the heads of the provincial bodies.

If Canadian soccer is ever going to be able to act as a cohesive unit, Montopoli needs the support of the provinces. Too long have they been allowed to go their own way on things like fees, development and what's in the best interest of the game.

If the provinces aren't willing to follow, Montopoli and the like need to be firm about what they want and find ways to make them fall in line.

A good place to start would be with recognizing private academies.

The OSA grows a SAAC.

Whether it's the fear of being replaced by something more efficient or just personal politics at play, the Ontario Soccer Association and other governing bodies need to find a way past its concerns about recognizing the private development academies.

Groups like the Soccer Academy Alliance of Canada can offer a professional environment for our young players to learn in — and get the training that is sorely lacking.

I've been told that the OSA is now trying to find ways within its membership to allow for private academy sanctioning but there are still some clubs that are resistant to the idea. Montopoli: Use that firm hand.

Other stories, unrelated to the CSA, I'd like to read about in 2010:

Montreal Impact joins MLS.

Quebec government: Find a way to get the Impact their stadium funding.

Vancouver Whitecaps sell more players abroad.

The Caps sold Marcus Haber to English side West Brom last week — once again showing that theirs is the development model to follow in North America.

"There finally seems to be an understanding and willingness among the upper levels of the Canadian Soccer Association to make the reform, on all levels, that is needed."

If they can continue to show the potential in such a system (if just from a profits standpoint), maybe, perhaps, someday MLS will come around to the idea.

Lastly, and purely from a selfish standpoint I want to read: **Toronto FC makes MLS playoffs.**

In a city where there are no winners, a team that wasn't a loser would go a long way to selling the sport.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca


MATT YORK/THE ASSOCIATED PRESS
Green Bay quarterback Aaron Rodgers watches Arizona's Karlos Dansby (58) run back a fumble after Rodgers was hit by Michael Adams during overtime yesterday. Arizona won 51-45.

NFL playoffs advance to next round

NFL It took a few extra minutes, but the lineup for the divisional round of the NFL playoffs is set.

The Arizona Cardinals beat the Green Bay Packers 51-45 in overtime yesterday on Karlos Dansby's 17-yard fumble return for a touchdown to round out the field. Earlier, the Baltimore Ravens routed the Patriots 33-14.

Arizona (11-6) will face the NFC's top seed, the Saints (13-3), in New Orleans on Saturday. The reward for Baltimore (10-7) is playing the AFC's top seed, taking on the Colts (14-2) later Saturday in Indianapolis. The Ravens' win at New England sends the Jets to San Diego. A Cowboys-Vikings matchup in Minnesota already was set after Dallas won a playoff game for the first time since 1996 on Saturday night. THE ASSOCIATED PRESS

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ScanLife
Solid QB play and strong D prove to be the winning formula for the Dallas Cowboys. Scan this code for the full story.



Olympics seen as money loser for NBC

NBC Universal says it expects to lose money on the upcoming Winter Olympics in Vancouver. NBC Sports chief Dick Ebersol says advertising sales for the Games have picked up over the past few months, but not enough to cover the fees NBC is paying. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

McIvor leads Canadian charge

B.C. native wins gold, two teammates take silver at World Cup skicross event

Ashleigh McIvor won gold to help Canada to a three-medal day at a World Cup skicross event yesterday.

McIvor finished ahead of teammate Julia Murray in the women's final. Canada's Stanley Hayer added a silver in the men's event.

"What was nice about today's win was I didn't advance because someone crashed," McIvor said. "It was all good strong starts and good strong skiing.

"It was really nice to come back to Les Contamines and finally race some air and some off camber doubles with good terrain and good flow. It's one of those courses that when you get to the bottom, you want to go do it again."

With the victory, McIvor rose to second in the overall standings with 247 points. Six-time overall World Cup champ Ophelie David of France was fourth to retain the overall lead with 290 points.

Olympic debut

- Skicross, which features a mass start and head-to-head racing on a course with turns, bumps, jumps and rolls, will make its Olympic debut next month at the Vancouver Games.

"I was kind of in shock when my teammate and I were in first and second," Murray said. "I was really excited."

McIvor and Murray are from Whistler, B.C.

Kelsey Serwa of Kelowna, B.C., was ninth, Danielle Poleschuk of Calgary was 10th and Aleisha Cline of Squamish, B.C., was 12th.

Hayer, of Calgary, finished behind Xavier Kuhn of France in the men's final. It was Kuhn's second career victory. He moved into second place in the standings with 225 points.

THE ASSOCIATED PRESS



CHRISTOPHE PALLOT/AGENCE ZOOM/GETTY IMAGES

Ashleigh McIvor of Canada takes first place during a World Cup skicross event yesterday in Les Contamines, France.

Torch run honours late Jack Poole, who led Vancouver's Olympics bid

The man who helped bring the 2010 Olympics to Vancouver but died just a few months shy of seeing the dream fulfilled was remembered during an emotional torch run yesterday.

Jack Poole, who was the chairman of the board of directors for the Games, was supposed to carry the torch in his hometown of Mortlach, Sask. But Poole died last October from pancreatic cancer and never got the chance to hoist the flame over his head.

Poole's wife, Darlene, carried the torch in his place.

"I'm finding it very hard to hold back tears, I'm so proud of Mortlach and the respect that they've shown for Jack," said Poole.

THE CANADIAN PRESS



DON MACKINNON/GETTY IMAGES

Squamish Nation Chief Ian Campbell cheers the announcement that Vancouver won the 2010 Olympic Winter Games bid at Vancouver's GM Place arena on July 2, 2003.

First Nations say pride, not money is true legacy from 2010 Olympics

The four First Nations whose land plays host to next month's Olympics say the true legacy of the Games for them isn't financial.

Each of the four bands — the Squamish, Musqueam, Tseil Waututh and Lil'wat nations — signed multi-million cash-and-land deals with the government for their support of the Games, though much of that largesse has yet to be used.

The Games have also created opportunities for aboriginal businesses and artists.

But band leaders say for all the financial benefit, the true power of the Games has been the creation of positive relationships between aboriginal people and business and community leaders.

THE CANADIAN PRESS

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McGill earth and planetary sciences department awarded $4 million gift
McGill University has received a $4.1 million donation from alumnus Robert Wares and his company, Osisko Mining Corporation, in support of students and junior faculty members in McGill's Department of Earth and Planetary Sciences. METRO NEWS SERVICES

Workology

Canada's PhD production low

In its report How Canada Performs: A Report Card in Canada, the Conference Board of Canada awarded the country an "A" in education and skills, up from a "B" in 2008. In comparison to 16 other developed nations, Canada came in second to Finland in overall education and skills outcomes. However, Canada ranked last in terms of educating and graduating doctoral students, earning a "D" in this category. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Artist at heart, pricing by trade

Appraiser, of Antiques Roadshow fame, knows the cost of anything

OddJobs
Diane Peters

Metronews.ca/oddjobs

When you love to draw and paint growing up, you can't help but dream of becoming a professional artist.

But halfway through her degree in visual arts at York University, Charlotte McGhee, now 34, decided being a starving artist wasn't for her. She transferred into cultural studies, hoping that would lead to a career.

It did. After graduation and a year teaching English abroad, she came home and found posting for a research assistant at a Toronto company that appraised art and antiques for insurance.

"I just have to get this," McGhee told herself. Her knowledge of art got her hired on the spot.


PHOTO SUBMITTED
Charlotte McGhee is a professional appraiser.

For seven years, she learned on the job. Senior staff members would go out and look at a piece of china, art, furniture or jewelry, and come back with photographs and notes. McGhee's job would be to compare their information to the materials in the company's extensive library, and write up a report for an insurance company on the object and its estimated value.

As the years passed, McGhee got quicker and more knowledgeable, and soon was doing field work too.

In 2006, the Canadian Antiques Roadshow on CBC needed a fine art expert, and called her in. She worked on the last two seasons of the show.

Around that time, she left her job and started M&G Appraisals (the G is for her husband Wade Gaudette, who helps her out sometimes but mainly works as a chef) out of her home in Orillia.

She does appraisals for insurance purposes, but also to help settle estates when someone has died, and to divide assets in a divorce. Sometimes, people are just curious about the value of their possessions.

Once or twice a week, McGhee attends auctions, mainly to keep herself current on the latest fads and prices. As well, she collects herself and sells a little too, so she'll often buy.

She divides the rest of her time between visiting client's homes to either do on-the-spot appraisals ("I have a huge database in my head, I can give pretty accurate quotes") or to take photographs and notes. Then, at home, she consults her library of books and the various electronic databases she subscribes to find comparable items to aid her in writing a report about the item and its estimated value.

Being around all these antique treasures all the time has its pitfalls. "In my house, there's not an inch of wall that doesn't have art on it. I have closets stacked with art: I don't know what to do with it all."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Appraiser
Salary: Her rates start at $150 for the first hour for most appraisals
Education/training: Fine arts background, certification through an organization such as the International Society of Appraisers.
Best Part of the Job: "Telling people they have something of value. And just doing something I love."
Worst Part of the Job: "When you have to tell people it's only worth ten bucks. Sometimes, people really need the money."



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Alberta training grant program struggles to meet demand
Post-secondary schools in Alberta are hoping for another funding boost in the next provincial budget after having to virtually halt applications for government-funded Alberta Works spaces because of overwhelming demand. METRO NEWS SERVICES

Peering into PR

RAFAEL BRUSILOW
for Metro Canada

Telling stories the right way and making sure they are heard is what Pat McNamara does best.

As founder and CEO of APEX Public Relations Inc., McNamara, 52, is known for being honest and straightforward in an industry often caricatured as being neither of those things. She's also been recognized as one of Canada's Top 100 Women Entrepreneurs and says what keeps her motivated and successful is a focus on trust and lasting relationships.

"The business I'm in is a lot about relationships. I don't think clients ultimately buy on price. Particularly in the service business, people want good relationships — they want to work with people they like," McNamara said.

Born in London, Ont., McNamara studied journalism in Calgary after getting an undergraduate degree from the University of Western Ontario. Like a lot of young journalists, she switched to public relations to get steady work and spent 16 years working for different agencies before deciding to branch out on her own.

When she started APEX in 1998 she was the sole employee in a small office, buying furniture on the same day new clients were walking in the door. McNamara even pretended to be her own receptionist once when a call came in because she didn't want an important client to think she had no secretary.

At the time, a recession was in full swing and the tech bubble hadn't yet burst, yet APEX found the year 2000 to be its best growth year in large part because while other PR firms were crumbling under the weight of economic hardships, McNamara's firm was revving up to take on clients.

Now, years later, McNamara's company numbers more than 30 employees and is a growing force in Canada. McNamara credits a lot of that growth to the increasing importance of good public relations management in a world where information travels faster than ever.

"PR used to be a 'nice to have,' now it's a 'have to have.' Public scrutiny is huge today so it's in the best interest of a company to be as transparent as possible and tell their story," she said.

McNamara used to be the chair of the Canadian Council of PR Firms and when it comes to negative perceptions of the public relations industry, McNamara is adamant that a few bad apples shouldn't be allowed to spoil the batch. She says the industry as a whole strives for ethical behaviour and practices because the public can see through lies and misdirection.

"As an industry we need to be clear that we are encouraging our clients to be transparent. You ultimately need to tell the truth and that's what we encourage our clients to do," she said.

McNamara's best piece of advice for budding entrepreneurs? Don't go it alone.

"I'm a really big proponent of good advisors because it's absolutely impossible to be good at everything."

Big names

- Apex clients include such big names as Nike, Nintendo of Canada and Bank of Montreal.



RAFAEL BRUSILOW/FOR METRO CANADA

Pat McNamara studied journalism, but like a lot of journalists, switched into public relations.

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Workology in **brief**

LAURENTIAN PRESIDENT'S VISION FOR THE NEW YEAR: In a recent interview with the Sudbury Star, Laurentian University president Dominic Giroux discussed his vision for the university in 2010 — the year the institution celebrates its 50th anniversary — and beyond. In the interview Giroux brings up the four priorities Laurentian is focusing on: National recognition; being a university of choice while strengthening its regional, bilingual, and tricultural mandate; student engagement; and community responsiveness. One important area of focus will be the new architecture school, which Laurentian's board of governors approved in principle last June. The university needs to raise $44 million for the school, and Giroux hopes to have the money raised by next summer. Laurentian is also looking at reviewing programs that might not be sustainable, and offering more minors.

ONLINE TOOL ALLOWS UWO STUDENTS TO CHECK EFFECTS OF DRINKING: In a University of Western Ontario students are being encouraged to anonymously answer questions about drinking using a new web program that helps students assess the impact of their alcohol consumption. The tool, titled Check Your Drinking University (CYDU), calculates the annual amount spent on alcohol, the number of alcoholic beverages consumed per year, and extra calories consumed from drinking. It also graphically illustrates a student's consumption patterns. A recent study from the Centre for Addiction and Mental Health shows that online tools such as CYD-U can help change drinking behaviours, and UWO officials hope it will be a good program to promote responsible alcohol use by students.

BC COLLEGES DEVELOPS NEW WEBSITE: Last month, BC Colleges launched a redesigned website that serves as a central hub for information on the province's 11 community colleges. A key component of the site is a monthly e-newsletter to inform e-mail subscribers about new developments at the colleges. Visitors to the website will come across testimonials, stories, reports, and recent articles about how B.C.'s colleges make a difference in the lives of the province's residents. METRO NEWS SERVICES



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Bublé to wed

Crooner Michael Bublé has asked his girlfriend Luisana Lopilato to marry him. He reportedly proposed to the Argentine actress & singer, 22, over the holiday. FEMALEFIRST.CO.UK



Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Kids tickled to Death

CHRIS ALEXANDER
for Metro Canada

When it comes to the high concept, cross-dressing, sacred cow killing comedy troupe The Kids in the Hall, "conventional" is a word that simply does not stick.

Death Comes to Town premieres tomorrow night on CBC Television

The celebrated Canadian counter-culture sketch-com heroes rose out of the clubs, eventually aligning themselves with Saturday Night Live producer Lorne Michaels in the 1980s and launching a wild, often controversial television series that lasted six glorious seasons on both CBC and HBO.

Now, after a 15-year absence, the Kids return to the airwaves with the new eight-part CBC miniseries Death Comes to Town, a dark, deliriously absurd show that blends the small town quirk of Corner Gas with the gothic, grand feel of the Final Destination films — all interpreted through the Kids' trademark abstract comedy sensibilities.

"We started writing a lot during our last live tour in 2008," says original member Mark McKinney who has the honour of playing the scythe wielding Grim Reaper. "It really kind of reignited that spark, that serious interest in actually doing TV again."

Death Comes to Town sees McKinney's disgruntled wraith accidentally ending up in the fictional backwater town of Shuckton, Ont., and inadvertently becoming embroiled in the often sordid lives of the local yokels. But unlike any previous screen treatments of the Reaper, McKinney's Death is less grim and more rockstar chic.



Mark McKinney plays the Grim Reaper in Death Comes to Town.

"He's on a lousy route," he says. "He literally gets off this Greyhound bus into this crappy little town and has to deal with all this bizarre characters. Originally, I was full on Reaper but it just didn't feel right. So we stripped it back, made him edgier, more outrageous."

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/11/10 primetime	31	31	31 ABC	News Center 5	World News	U.S. Senate Debate (Live)		The Bachelor: On the Wings of Love (HDTV) (N)				Castle
	7	7	7 ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	Tough Love (N)		Fringe "Unearthed" (N)		Castle
	11	11	11 CBC	Wheel Fortune	Jeopardy! (N)	18 to Life	Little Mosque	Winnipeg Comedy		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	La force	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	U.S. Senate Debate		How I Met	Accidentally	Two/Half Men	Big Bang	CSI: Miami (N)
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	Les Gags	Bloopers TVA	Yamaska (HDTV) (SC)		Dr. House (SC)		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	Heroes "Let It Bleed"		House "The Down Low"		Lie to Me		News Final (N)
	9	9	9 CJCH	etalk	Access H.	CSI: Miami (HDTV) (N)		The Mentalist (HDTV) (N)		Two/Half Men	Big Bang	CTV News
	10	10	10 ELTV	Face to Face	Fishing	Sportsland (Live)		Face to Face	Sportsland	Basketball Quebec at Halifax.		
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	House "The Down Low"		Fringe "Unearthed" (N)		Fox First
	12	12	12 NBC	News (N)	NBC News	U.S. Senate Debate (Live)		Chuck (HDTV) (N)		Heroes "Close to You"		Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		Oldest Moms
	4	4	4 PBS-B	PBS NewsHour (N)		Greater Boston	Chronicles	Antiques Roadshow (N)		American Masters (N)		Amer. Masters
	35	35	35 PBS-D	PBS NewsHour (N)		Business Rpt.	Worldfocus	Antiques Roadshow (N)		American Masters (N)		Amer. Masters
	68	68	68 TQS	Guerre clans	30 Rock (SC)	Wipeout (N) (SC)		CSI: NY (SC)		Le Mentaliste (N) (SC)		Guerre clans
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		MoneyTalk	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	Play Lessons	Golf Fix Tips	Play Lessons	Big Break: Mesquite		Big Break: Mesquite		Golf Fix Tips
	52	52	52 RSE	Connected W-Prime Time		Hockey	Snowboarding		Skiing	UFC Fight Night (HDTV) (Live)		
	55	55	55 SCOR	HSR	Covers Experts	RaceNight				(10:15) WWE Monday Night RAW		
	45	45	45 SPD	Unique Whips		Pass Time	NASCAR Hub	SuperCars	SuperCars	Barrett-Jackson		Auctions
	53	53	53 TSN	Off the Record	SportsCentre	NBA Basketball Toronto Raptors at Indiana Pacers. (HDTV) (Live)					SportsCentre	
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26 TREE	Timmy Time	3rd & Bird	Backyardigans	Night Garden	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar
	27	27	27 YTV	iCarly	To Be Indie	Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
cable variety	16	16	16 A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Intervention "Gabe V."		Intervention "Jackie" (N)		Hoarders
	70	70	70 APTN	APTN National News (N)		Hockey	Shaputuan (N)	Notre Peuple		*Attache ta tuque!* (2003, Drame) Ioulia Volkova.		
	50	50	50 BET	106 & Park: BET's Top 10 Live				Beyoncé... I Am Yours		*A Day in the Life* (2009, Musical)		
	37	37	37 BRVO	Wind at My Back		Chimeras	Pater Noster	Andiamo Three tenors.		Death in Venice Canadian pianist Louis Lortie.		
	25	25	25 CMT	UnStable	Star Crossed	Due South		Amer. Funniest Home Videos		Gilmore Girls		*Days-Thunder*
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Com. Cen. Hot
	153	153	153 COURT	W-FIVE		True Crime "Blow"		Crime Files	Dumb Criminal	Trace Evidence-Dr. Henry Lee		True Crime
	38	38	38 DISC	Destroyed	Destroyed	Daily Planet (N)		MythBusters		Man vs. Wild "Alaska"		Dirty Jobs (N)
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters
	46	46	46 HIST	The Battle of Medak Pocket		Massacre at Verrieres Ridge		Greatest Tank Battles		Lost Worlds		Shockwave
	17	17	17 MM	Secret Life of American Teen		Secret Life of American Teen		So You Think You Can Dance		So You Think You Can Dance		Video on Trial
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		All Access		Entourage
	201	201	201 M1	*Delirious*	(7:25) *Nick and Norah's Infinite Playlist*			Sanctuary "Requiem"		Tracey Ullman	Tracey Ullman	Secret Diary
	48	23	23 OLN	Mantracker		Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	51	51	51 PEACH	Friends	Name Is Earl	Family Guy	Family Guy	Law & Order: SVU		House-Payne	House-Payne	*Legend*
	206	206	206 PIX	(6:10) *Arizona* ★★★ (1940, Western)			(8:20) *Crosswinds* ★★ (1994, Action)			*Lock, Stock and Two Smoking Barrels*		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	Relic Hunter		*Seventeen and Missing* (2007, Drama) Deedee Pfeiffer.				Bones
	40	40	40 SLICE	What Happen?	Wedding SOS	Rich Bride, Poor Bride		Nearly Dead	Newlywed	Tori & Dean: Home		Love Inc.
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Lost "The Little Prince"		*Path of Destruction* (2005), David Keith		
	14	14	14 SPIKE	UFC's Ultimate 100		UFC's Ultimate 100		UFC's Ultimate 100		UFC Fight Night (HDTV) (Live)		
	98	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21 TLC	Say Yes-Dress	Say Yes, Dress	Little People	Little People	Little People	Little People	Cake Boss (N)	Cake Boss	BBQ Pit
	56	34	34 TROP	Carlawood	Prod. Parker	Re-Vamped		Parking Wars	Parking Wars	Flipping Out		Launch-Line
	20	20	20 TV5	Que.-champion	Journal de Fr2	Les Carnets du bourlingueur		Des racines et des ailes				Voyageur
	28	28	28 V	Doc		Murder, She Wrote		Husband & I	Wait for God	*Doc Martin and the Legend of the Cloutie*		
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case "Colors"		Missing "So Shall Ye Reap"		The Closer "Next of Kin"		Cold Case
	22	22	22 W	House-Sell	House-Sell	Supernanny		Dine With Me	How Clean Is	Love It or List It "Gallagher"		Love It-List It
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	One Tree Hill (HDTV)		Gossip Girl (HDTV)		WGN News

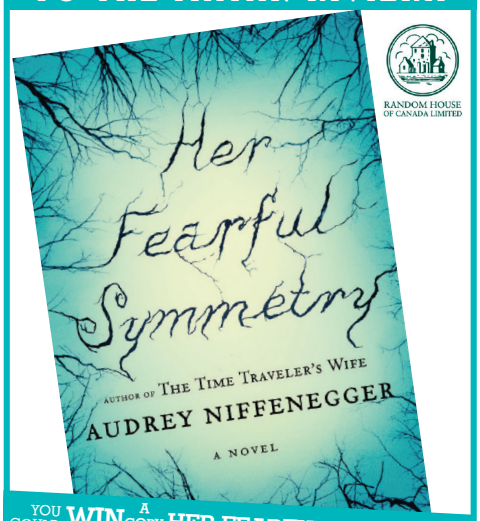
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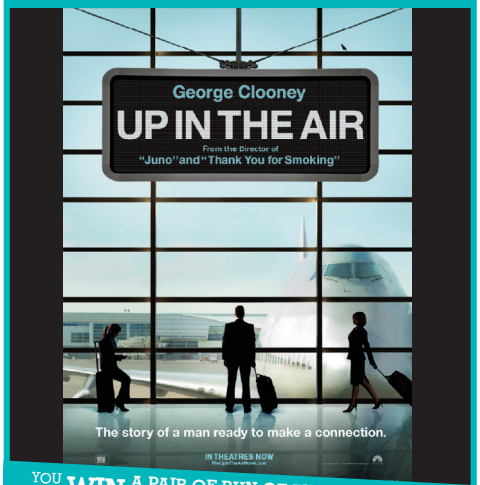
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Jon Gosselin's new flame

Kate Gosselin may have a new hairdo, but ex-husband Jon Gosselin has a new girlfriend. Gosselin, 32, is dating Morgan Christie, 25, according to People. The couple met while skiing in Utah, according to the magazine. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets



Jon Favreau lives with some tough critics and Ellen DeGeneres gets around

• @Jon_Favreau It's a split decision. My 8 year old thought Avatar was better, but my 6 year old went with the Squeakquel.

• @TheEllenShow I'm on the cover of Entertainment Weekly with Simon! Shhh, don't tell Oprah I'm cover-cheating on her.

METRO WORLD NEWS

Weekdays @ 9pm
101.3 THE BOUNCE
Interactive NINE@9
For January 8th
9 Faber Drive - Give Him Up
8 Taylor Swift - Fifteen
7 Rihanna Ft Young Jeezy - Hard
6 Down With Webster - Rich Girl$
5 Lady Gaga - Bad Romance
4 Drake Ft Kevin Cossom - I Get Paper
3 Hedley - Don't Talk To Strangers
2 Jason Derulo - In My Head
1 Ke$ha - Tik Tok
WE WANT YOU!
You could guest host the Interactive NINE@9 with Kid Craig.
kidcraig@1013thebounce.com
1013 THEBOUNCE.com

Divorcees unite



THE PAST IS THE PAST Though their marriage was more than rocky, Sean Penn and Madonna have apparently put the past behind them, as the pair were spotted looking chummy at a hotel restaurant in New York recently, according to Page Six.

"Penn stopped by the table to say hi," a rep for Madonna confirms. The two were "laughing and chatting," according to a source. "They seemed to be getting on so well, we had to look twice to make sure it really was Sean Penn she was with."

METRO WORLD NEWS

Brit's beau spotted with not one, but two babes!



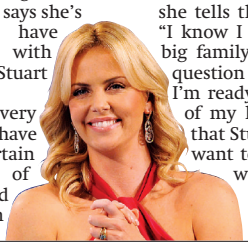
HE'S GOT SOME EXPLAINING TO DO A night on the town nearly spelled the end for Britney Spears and boyfriend Jason Trawick, according to the Daily Mirror. Trawick was reportedly spotted recently at a Los Angeles bar with a pair of attractive women.

"When she heard he'd been caught cozying up two girls in The Roger Room, it was the last straw," a source tells the newspaper. "Jason's really not like this and quickly tried to calm Britney down and rectify the situation. He explained the girls were just friends and there was nothing in it but they still had a massive row."

All seems to be well, however, as the pair met up this weekend at the Chateau Marmont and left together.

METRO WORLD NEWS

It's baby time: Theron



READY FOR NEXT STEP After nine years together, Charlize Theron says she's ready to have children with boyfriend Stuart Townsend.

"I feel very blessed to have had a certain amount of success and now I'm reaching the point where I would love to be a mom," she tells the Daily Mirror. "I know I want to raise a big family and it's just a question of time. I know I'm ready for that phase of my life and I know that Stuart is the man I want to take that step with."

METRO WORLD NEWS

On the market...



FRIENDLY SPLIT After a few months happily dating electrician Jamie Padgett, Pamela Anderson is reportedly on the market again, according to Radar Online.

"Pam made it pretty clear she is no longer dating Jamie and that she was looking for a new love interest," a source says. "She didn't have anything bad to say about him and described him as a 'sweet guy' and that she hoped they would remain friends."

Anderson and Padgett began dating after the actress moved into a trailer while her house was being renovated.

METRO WORLD NEWS

Perry paves a path of tweeting clues



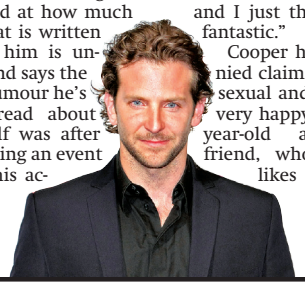
IS BABY BRAND ON THE WAY? Katy Perry has got people.com curious about whether she is, or isn't, pregnant. People.com admits it may be reading between the Tweets, or the 25-year-old singer is sprinkling clues she's having a baby with new fiancé Russell Brand.

It started with her Jan. 1 message: "Let me tell you 2010 is BUMPIN!" Then on Friday, Perry wrote, "Hey @rustyrockets" — Brand's Twitter name — "i heard ur prego-ed." She adds, "I WANT IN AND OUT," a Southern California hamburger chain, before telling Brand, "I love you … (awwwww barf!)."

The website says it is all very cryptic, but adds it was only a few days ago that Perry made oblique song lyric references on Twitter — before Brand came out and confirmed they were engaged on New Year's Eve.

METRO NEWS SERVICES

Guess my orientation



BEST RUMOUR EVER Bradley Cooper thinks it was "fantastic" people thought he was gay, femalefirst.co.uk reports.

The actor — who is dating Renee Zellweger — is amazed at how much of what is written about him is untrue and says the best rumour he's ever read about himself was after attending an event with his actor friend Victor Garber and it was reported they were dating.

He said: "People thought we were dating. It was all over the Internet. It was the first time I read a rumour like that about me, and I just thought it was fantastic."

Cooper has always denied claims he is homosexual and insists he is very happy with his 40-year-old actress girlfriend, who he "really likes very much."

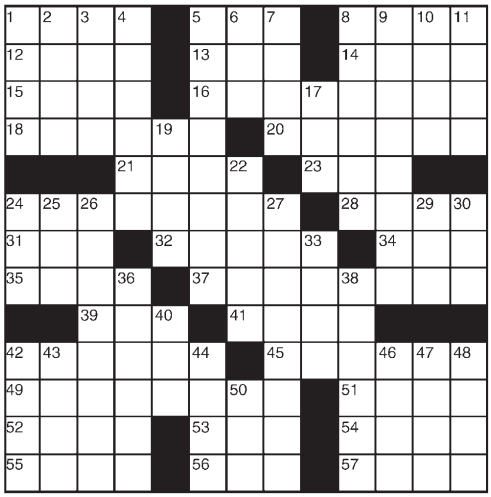
METRO WORLD NEWS

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10th YEAR
Here's a preview of some of our fabulous participating venues:
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• Chives Canadian Bistro
• Delta Barrington - Stone Street Cafe
• Fid
• Gio
• The Halifax Club
• Hamachi House Fine Japenese Cuisine
• Little Europe
• McKelvie's
• Mount Saint Vincent University
• Nova Scotia Sport Hall of Fame
• The Old Triangle
• Ristorante aMano
• Victor's
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Tuesday Variable -6° / -13°
Wednesday Variable -10°/ -13°
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Take Five



1 With (Fr.)
5 Recipe meas.
8 Sleeping
12 Prima donna
13 Regret
14 Give a darn
15 Tel —
16 American dessert
18 Pepperdine University site
20 Type of bird dog
21 Intentions
23 Square root of IX
24 Draw near
28 Despot
31 Meadow
32 Porch
34 Compass pt.
35 Get your second wind
37 Book supplement
39 — Beta Kappa
41 Architect Saarinen
42 Scottish landowners
45 Many Christmas decorations
49 Highly pertinent
51 Hawaiian island
52 Acute
53 Fleur-de- —
54 Of the ear
55 Being (Lat.)
56 Chances, for short
57 Dilbert's workplace

DOWN

1 Leading man?
2 "— Las Vegas"
3 Satan's specialty
4 Fancy fish eggs
5 Disordered mental states
6 Dine
7 Energizes, with "up"
8 Vinegary
9 Christened
10 One of a Great quintet
11 Antelope's playmate
17 Garland from
19 Life stories, for short
22 Range
24 Matterhorn, for one
25 "The Princess and the —"
26 Primitive wind instruments
27 Despairing
29 Blackbird
30 Tyrannosaurus —
33 Actress Gilpin
36 Royal perch
38 Worthless
40 Egos' counterparts
42 10-Down, e.g.
43 Tarzan's cronies
44 Missile shelter
46 Loathe
47 Not that
48 Leeches do it
50 Gratuity

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9		3		8	1		
	8			2	4			
		7					5	
		6			1			3
4								9
5			2			4		
	6					7		
			7	5			8	
		1	8		6		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	9	2	4	7	3	5	6	8
6	3	7	8	1	5	4	9	2
8	4	5	2	6	9	3	7	1
2	6	9	3	5	7	1	8	4
4	5	1	9	8	2	6	3	7
3	7	8	1	4	6	2	5	9
9	8	6	5	2	4	7	1	3
5	1	4	7	3	8	9	2	6
7	2	3	6	9	1	8	4	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Tasty Tuna Fishcakes

INGREDIENTS:

1 lb (500 g) potatoes, peeled and cut into chunks
2 tbsp (25 mL) butter
1 tbsp (15 mL) creamed horseradish
2 tbsp (25 mL) chopped fresh parsley
3 scallions, chopped
3/4 cup (175 mL) canned corn, drained
6 oz (170 g) can tuna chunks, drained
2 tbsp (25 mL) flour
2 tbsp (25 mL) canola oil

METHOD:

To serve
Tartar sauce and lemon wedges

1. Cook potatoes in pot of boiling water 15-20 minutes. Drain, then return to pot with butter and mash until very smooth.

2. Add horseradish, parsley, scallions and corn to hot mashed potato and stir; add tuna and season to taste. Let cool slightly.

3. Shape mixture into eight thick flat cakes, each measuring 2 3/4 in. (7 cm) in diameter. Dust on both sides with flour.
4. Heat oil in large frying pan. Add fish cakes and cook over medium heat 3-4 minutes per side or until well browned, turning with slotted spatula. Serve hot with tartar sauce and lemon wedges.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You should not be waiting for others to tell you what to do, you should be out there doing it for yourself. What are you waiting for?

TAURUS ♉
APRIL 21-MAY 21
You may be reserved by nature but that does not mean you don't want to get ahead in the world. You are determined to reach the top.

GEMINI ♊
MAY 22-JUNE 21
You can do no wrong at the moment. Both in your personal life and at work you are the center of attention, and rightly so.

CANCER ♋
JUNE 22-JULY 22
Do opposites really attract? Yes they do and someone who is as different from you as it is possible to get will catch your eye.

LEO ♌
JULY 23-AUG 23
Everyone has daydreams but you seem to be enjoying more than your fair share at the moment.

VIRGO ♍
AUG 24-SEPT 22
You will be on the best of terms with everyone today, but one particular individual will get the full Virgo treatment: you'll make them feel like a star.

LIBRA ♎
SEPT 23-OCT 23
It's a good thing you know how to juggle several things at once because your commitments are beginning to get out of hand.

SCORPIO ♏
OCT 24-NOV 22
You would be the first to admit that you have made a few enemies and one of them will cause you some trouble today.

SAGITTARIUS ♐
NOV 23-DEC 21
Try not to be too annoyed if someone you live or work with lets you down today. It may turn out to be a blessing in disguise.

CAPRICORN ♑
DEC 22-JAN 20
Be careful what you say over the next 24 hours because your words may sound harsher than you intended.

AQUARIUS ♒
JAN 21-FEB 18
You may not be much looking forward to the week ahead but it will be a lot more fun than you imagine, so start looking around for reasons to be happy.

PISCES ♓
FEB 19-MARCH 20
The planets indicate that friends and colleagues will help you out in any way they can – all you have to do is ask.

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This day in history

1569: First recorded lottery in England.
1787: William Herschel discovers Titania and Oberon, two moons of Uranus.
1879: Milk is first delivered in bottles.
1908: Grand Canyon National Monument is created.
1922: First use of insulin to treat diabetes in a human patient.
1935: Amelia Earhart is the first woman to fly solo from Hawaii to California.
1994: The Irish Government announces the end of a 15-year broadcasting ban on the IRA and its political arm Sinn Féin.

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4.7L V8, 5 Speed Automatic, Trailor Tow Package, SXT Appearance Group

NOW $23,597*/ $173** BIWKLY DRIVE AWAY

PERFECT PLOW TRUCK



STK# 10RR4232

2010 RAM REG CAB 2500 4X4

5.7L HEMI, SLT Package, Light Group, Protection Group, HD Snowplow Prep Group, Trailor Tow Group, Anti-Spin Differential, Clearance Lamps, U-Connect, Remote Start

$289** BIWKLY DRIVE AWAY

WINTER'S HERE 4X4



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2010 RAM REG CAB 1500 4X4

4.7L V8, 5 Speed Automatic, Trailor Tow Package, SXT Appearance Group

NOW $26,997*/ $196** BIWKLY DRIVE AWAY

CUMMINS TURBO DIESEL

DIESEL



STK# 10D4233

2010 RAM REG CAB 2500 4X4

6.7 Cummins Diesel, Light Group, Protection Group, HD Snowplow Protection Group, Popular Equipment Group, Anti-Spin Differential, U-Connect, Remote Start

$349** BIWKLY DRIVE AWAY

TAKE THE WHOLE FAMILY



STK# 9RC0108

2010 RAM QUAD CAB 1500

5.7L HEMI, SXT Plus Decor Group, Security Group, Power Group, Tilt, Cruise, A/C, U-Connect

NOW $35,997*/ $257** BIWKLY DRIVE AWAY

FITS THE WHOLE WORK CREW

DIESEL



STK# 10RD4230

2010 RAM CREW CAB LONG BOX 2500

6.7 Cummins Diesel, Light Group, Protection Group, HD Snowplow Protection Group, Popular Equipment Group, Anti-Spin Differential, U-Connect, Remote Start

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